

## Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106  
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

[www.leelanau.gov/seniorservices.asp](http://www.leelanau.gov/seniorservices.asp)

[seniorinfo@leelanau.gov](mailto:seniorinfo@leelanau.gov)

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

### April Missias

Director

### Gail Carlson

Aging Well Resource Coordinator

### Victoria Maggio

Care Coordinator

### Armanda Krantz

Account Clerk

### Chet Janik

County Administrator  
(231) 256-9711

#### County Commissioners

#### Rick Robbins

District #1 (Elmwood Township  
& a portion of the City of Traverse City)  
(231) 409-1140  
[rrobbins@leelanau.gov](mailto:rrobbins@leelanau.gov)

#### Debra Rushton

District #2 (Bingham Township  
& a portion of Elmwood Township)  
(231) 941-8286  
[drushton@leelanau.gov](mailto:drushton@leelanau.gov)

#### Lois Bahle

District #3 (Suttons Bay Township  
& a portion of Bingham Township)  
(231) 271-3641  
[lbahle@leelanau.gov](mailto:lbahle@leelanau.gov)

#### Ty Wessell

District #4 (Leelanau Township  
& a portion of Suttons Bay Township)  
(231) 432-0066  
[twessell@leelanau.gov](mailto:twessell@leelanau.gov)

#### Patricia Soutas-Little

District #5  
(Leland & Centerville Townships)  
(231) 218-8496  
[psoutaslittle@leelanau.gov](mailto:psoutaslittle@leelanau.gov)

#### Gwenne Allgaier

District #6  
(Cleveland, Empire &  
Glen Arbor Townships)  
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#### Melinda Lautner

District #7  
(Solon & Kasson Townships)  
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[mlautner@leelanau.gov](mailto:mlautner@leelanau.gov)

November / December 2022

# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*

Dear Friends,

I arose today and was planning for my day, the coming months and even made a list of things I would like to accomplish in the coming year. As I was reviewing my personal and professional calendars, I could not help but hum the song, "It's the most wonderful time of the year....". I happen to really enjoy the holiday season; the food, friends and family gatherings, and all the festivities.

The last few years, COVID certainly impacted my family's holiday celebrations. With young children and immune compromised family members, we were mindful of the type of events we attended.

This year has been feeling like a reboot for many, as we begin to resume more of our old "normal" activities of life. The million-dollar questions are, "What do we return to? What would make you happiest? How do we inform our loved ones of any desired changes going forward?"

November is a time for Thanksgiving to take stock of all you are grateful for. This may be a bit twisted, but I am thankful for the time the pandemic gifted me. The gift of time and reduction of gatherings allowed me to really reflect on my life and have some clarity about what truly brings me joy and fills my cup. The pandemic showed me how often I would move heaven and earth to attend family gatherings several hours away. I came to the realization that I was putting out so much time and energy to show up, and would often leave feeling depleted.

This holiday season, I am going to give myself the gift of saying yes to activities and being with those that lift my spirit, and kindly saying no to events and people that do not serve me or are not in my best interest. I am excited to return to some celebrations chocked full of traditions and many beloved memories for me and my family. Learning to find joy and what brings us happiness is an ongoing pursuit in life that changes over time. I think the biggest lesson in learning about joy is also learning what doesn't bring joy.

I have been practicing the art of respectfully declining invitations all year. Each time I was presented with an opportunity to say no, I felt less angst and was able to find a way to express my gratitude for being thought of but kindly declined.

I am accepting the gift of learning to do what is right for me in my timing and what brings me and my family joy. I hope that you take a moment to reflect on the million-dollar questions this holiday season and have courage to voice what would bring you joy. If accepting all the invitations and going far and wide to see your people brings you the greatest happiness then I hope you shout those yes's loud and proud. But if less is more for you in this season of life, then I send you strength to kindly decline an offer and share what would make this time of year wonderful for you. Blessings to you as you navigate your journey through the holiday season.

Warmly,

*April*

## **Who We Are**

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care\*
- ♦ Respite Care\*
- ♦ Homemaker\*
- ♦ Medication Management\*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons\*\*

Promoting Safety:

- ♦ Emergency 911 Cell Phone
- ♦ PERS (Personal Emergency Response System)
- ♦ File of Life
- ♦ Medical Equipment Loan Closet

Social Activities:

- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo
- ♦ Coffee Connections
- ♦ Lunch Bunch

\* Income and asset tested through application and home evaluation process.

\*\* Funded by USDA

## **DROP IN EUCHRE IS BACK!!!**



Leelanau County  
Senior Services

Tuesday, November 29, 2022  
&  
Tuesday, December 27, 2022

1:00 p.m. sharp!  
\$2.00 (for prize money)  
Pay at the door

Community Meeting Room  
Lower level of the  
Government Center



Want More Euchre?  
Euchre for Seniors

Every Friday

11:00 a.m. - 1:00 p.m.

**The Friendship Center  
Suttons Bay**



Light refreshments and coffee are offered

LCSS is very excited to bring back social gatherings.

As we enter into the cold and flu season, we ask that you be mindful of others. Covid is still present and circulating within the county; full vaccination does not guarantee immunity.

Keeping that in mind, if you are experiencing any Covid/cold/flu like symptom such as cough, sore throat, congestion, fever, aches etc.. Please refrain from participating. Masks and hand sanitizer will be provided for those who wish to use them. We want to keep our seniors safe and healthy.

## **Learn More about Medicare Changes Coming in 2023**

### ***What changes can adults expect for Medicare in 2023?***

Participants are only given a 54 day window to make health decisions that affect them for the entire next year.

***Starting on Oct 15 and ending on Dec 7*** for those over 65, Medicare's annual enrollment period gives participants a chance to review and make changes to their current plan.

**Bruce Barnes, Medicare/Medicaid Specialist Volunteer  
through Area Agency on Aging of Northwest Michigan  
will be conducting an educational seminar.**

**Wednesday, November 9, 2022 at 1:30 p.m.  
Leelanau County Government Center,  
Lower Level**

This is an educational forum and no specific plans will be discussed.

Call Leelanau County Senior Services at 256-8121  
to register for this informative presentation.

## **October is open enrollment**

***Open enrollment runs from October 15, 2022 - December 7, 2022***

Fall Open Enrollment is the time of year when you can change your Medicare coverage.

- ♦ Join a new Medicare Advantage Plan or stand-alone prescription drug plan (Part D) plan
- ♦ Review your current Medicare health and drug coverage. If you are dissatisfied with your coverage for next year, make changes during Fall Open Enrollment.
- ♦ Help is out there: Bruce Barnes, Medicare/Medicaid Specialist offers one on one meetings at our office to discuss your options.
- ♦ Call LCSS to schedule your appointment with Bruce.



**Appointments are required.  
Call LCSS to make your appointment  
(231) 256-8121**



## **Veterans services and support**

### **Veterans Affairs**

(Disability, Pension, Death  
Benefits, etc.)

1-231-995-6070

A VA representative is at the  
Leelanau County  
Government Center  
on Tuesdays only.  
Call for appointment

### **Grand Traverse County Chapter Disabled American Veterans**

(Coordinates  
transportation to VA  
medical facilities)  
1-231-313-9357

### **VA Clinic**

(Health Care)  
1-231-932-9720

### **Vet Center**

(Readjustment  
Counseling-PTSD)  
1-231-935-0051

### **Supportive Services for Veteran Families**

(Homeless Veterans)  
1-844-900-0500

Please contact one of these  
service providers if you or  
someone you know can  
benefit from any or all of  
these resources.

### **Veterans In Crises**

(850) 294-3230

veteransincrisis.org

A community-Based Effort to  
Help Veterans in Northern  
Michigan

## **Veterans Day Ceremony**



**November 11, 2022**

**11:00 a.m.**



### **VFW Little Finger Post 7731**

7475 E Duck Lake Rd  
Lake Leelanau

“Our debt to the heroic men and valiant women  
in the service of our country can never be repaid.  
They have earned our undying gratitude.  
America will never forget their sacrifices.” — Harry Truman



# PROMEDICA

## **Grief. Loss. Holidays.**

Grieving during the holidays can be difficult. Memory triggers are  
everywhere: music, lights, decorations, sweet treats, and traditions.  
However, there are ways to manage grief during the holiday.

Norvilla Bennett, Pro Medica Hospice Bereavement Coordinator,  
will offer tips and suggestions on how to navigate grief during the holidays.

**Tuesday, December 6, 2022**

**10:30 a.m.**

**Leelanau County Government Center  
Lower Level Community Room  
8527 E Government Center Drive  
Suttons Bay, MI 49682**

CALL Norvilla at ProMedica Hospice  
231-935-3089

We are here to support you.  
Please contact us.

## **C.S.F.P.**

### **The Commodity Supplemental Food Program**

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

#### **Q. INCOME REQUIREMENTS**

Less than  
\$1,396 Month or \$16,744 Yr

#### **Q. WHAT DO I NEED TO SIGN UP?**

Picture Identification  
(driver's license, state ID, or  
passport)  
Proof of household income

#### **Q. HOW DO I SIGN UP?**

Call: Northwest Michigan  
Community Action Agency  
1-800-443-2297

or  
Leelanau Christian  
Neighbors  
7322 E Duck Lake Rd  
Lake Leelanau, MI 49653  
During distribution date/  
time

#### **Q. WHEN DO I SIGN UP AND PICK UP FOOD?**

The third Tuesday of every  
month from  
12:00 p.m. - 1:00 p.m.

#### **Q. WHAT WILL I RECEIVE?**

Your monthly food package  
may contain:

Juice  
Canned fruits  
Canned vegetables  
Milk (dry or evaporated)  
Cereal  
Cheese  
A varied starch item  
A varied protein item

## **LEELANAU COUNTY SENIOR SERVICES**

### **CHRISTMAS PARTY**

*Leland Lodge  
565 Pearl St, Leland*



**Thursday, December 15, 2022**

Traditions of Christmas include great friends, wonderful food,  
singing of Christmas carols and lunch  
at the Leland Lodge in Leland.

Catch up with old friends, make new ones, and enjoy a great meal  
while enjoying the ambience.

Doors open at 11:30 a.m. with plenty of time to mingle and jingle  
before the lunch at approximately 12:00 p.m.

**Get your tickets now!**

**Christmas party tickets are  
\$10.00 per person**



Tickets can either be picked up at the LCSS office  
or obtained by mail.



Leelanau County Senior Services  
8527 E. Government Center Drive, Suite 106  
Suttons Bay, MI 49682



# **Comfort and Joy 2022**

## **The holiday season is fast approaching.**

Leelanau County Senior Services has a tradition of delivering comfort and joy to Leelanau County seniors who could use some cheer during the holiday season.

If you are interested in joining your fellow neighbors and community members in the spirit of giving, LCSS would appreciate contributions of non-perishable food, toiletries, and other fun or useful items to fill bags for delivery to seniors.

Monetary gifts are also greatly appreciated and will be used to purchase additional food items and/or gift certificates to local grocery stores.

We are taking contributions at this time.

Also, if you know of someone that could use some comfort and joy, please let us know.

We are hoping to deliver bags the second week in December. Please have your donated gifts to LCSS by the end of November.

***Thank you!!***



## **Ideas for Comfort and Joy Items**

### **FOOD ITEMS**

Canned food, Soup, Tuna fish

Individual containers of fruit

Pudding cups, Jell-o

Hot Cocoa, Tea bags

Boxes of Juice

Granola type bars

Cookies

Candy

### **TOILETRIES**

Toothpaste,  
Toothbrushes

Shampoo, Conditioner

Deodorant, Aftershave

Paper towels, Toilet  
Paper, Tissues

Dish Detergent,  
Liquid hand soap

Razors, Shaving cream

Combs, Hairbrushes

Nail Clippers, Emery  
boards, Polish

### **MISCELLANEOUS**

Puzzle Books

Socks

Playing Cards

Flashlights, Batteries

Night Lights

Stationery, Note cards

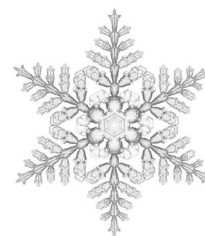
Pens, Pencils

Backscratchers, Long  
handled shoe horns



## **Food Corner**

With the busy holidays, it's hard to find an easy, quick dinner for my family while still baking. I came across this recipe on the internet (tick-tock), tried it and my family really liked it. This will be in my don't have time to make dinner recipes. Enjoy ~ Armanda



### **Mexican Potato Casserole**

- 1 lb. ground beef
- 1 onion-chopped
- 2 garlic-minced
- 1 can chopped tomatoes with chopped chilis
- 1/2 c sour cream
- 1 package taco seasoning
- 1 can cheddar cheese soup (undiluted)
- 2 lbs frozen hash browns (one package)
- 2 - 2 1/2 c shredded cheese
- 1 sm can of chopped chilis (optional)



#### **Reminder:**

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

Brown beef with onion and garlic (set aside)  
In crock pot add all ingredients including beef and mix well.  
Cook 4 hours on low or 2 hours on high

## **How to Make Holiday Celebrations Easier and Enjoyable for Someone Experiencing Memory Loss**

May Clinic recently shared some thoughts that may assist families in creating celebrations with their loved ones with memory loss.

**Environment:** Tone down decorations. No blinking lights or candles. Reduce noise level. Play favorite music softly. Create a calm space where they can retreat to if the person begins to feel stressed. Try to keep the gathering small and for a shorter period of time.

**Holiday Activities:** Plan some meaningful activities-looking at photo albums, do a favorite holiday tradition. Simple hands tasks can be a distraction-Assisting with the meal-peeling vegetables, washing dishes, etc.

**Logistics:** Try to keep the gathering small, schedule at a time that works best for the person with memory loss and plan to meet for a shorter period of time.

**Prepare guests ahead of time of any changes in behavior or memory  
and offer Communication tips.**



The joyous holiday season is upon us! Unfortunately, this is also the time of year when fraud perpetrators work overtime to scam unsuspecting individuals. Let's take a moment to address one very prevalent scam that occurs this time of year, as well as how you can protect yourself. We'll finish by discussing how you can get ready for the New Year and what precautions you can take to protect your identity in 2023 and beyond.

**Gift cards** – Today, many of us give and receive gift cards, but always remember that these cards function just like cash! Fraudsters often tamper with gift card packages and steal the number off the card. They call the issuing company to find out if the card has been activated, and, if it has, they will begin spending money by using your gift card to make online purchases.

**What can you do?** When purchasing gift cards for someone else, carefully examine the package to see it has been tampered with; if so, do not select that card. If you receive a gift card that appears to have been tampered with, notify the issuing company immediately, as they may be willing to issue you a new gift card.

**Planning for the New Year** – Once the company has left your house, the decorations have been taken down, and you are starting to settle into your regular routine, take a few minutes to plan how you will protect yourself from fraud in the New Year. Below is a short checklist of things to consider:

- Order a copy of your credit report and review all information for accuracy.
- Take note of your various bank accounts and credit cards, and review how your bank handles fraud. Do they have a fraud division that routinely monitors your activity? Take a few minutes each month to actively reconcile your bank statements and look for irregularities.
- Ask your physician's office about their patient privacy policy if you are not already aware of this and read up a little about HIPAA (Health Insurance Portability and Accountability Act).
- Maintain a list of all calls (and phone numbers) that you would need to make in the event of identity theft or if you become the victim of another type of fraud (police, financial institutions, insurance company, etc.).
- Invest in a regular shredder or better yet, invest in a cross-cut shredder and shred all documents that you receive which contain personal information.
- Consider signing up for an identity theft protection service.

**References:**

Federal Bureau of Investigation, Scams and Safety. Retrieved from [www.fbi.gov](http://www.fbi.gov).

Rossen, J., Patel, A. and Billington, J. November 26, 2013. Today News. Retrieved from <http://www.today.com/news/tis-season-scams-10-holiday-rip-offs-avoid-2D11657475>

### **Report Most Common Scams**

The Federal Trade Commission (FTC) is the main agency that collects scam reports. Report the scam to the FTC online, or by phone at 1-877-382-4357 (9:00 AM - 8:00 PM, ET). The FTC accepts complaints about most scams, including these popular ones: Phone calls, Emails, Computer support scams, Grandparent scams, Fake checks, Demands for you to send money (check, wire transfers, gift cards), Prize, grants, and sweepstakes offers.

The FTC also collects reports of identity theft. Report identity theft online at [IdentityTheft.gov](http://IdentityTheft.gov) or by phone at 1-877-438-4338 (9:00 AM - 8:00 PM, ET).

### **Report Online and International Scams**

Report fake websites, emails, malware, and other internet scams to the Internet Crime Complaint Center (IC3). Some online scams start outside the United States. If you have been affected by an international scam, report it through [econsumer.gov](http://econsumer.gov). Your report helps international consumer protection offices spot trends and prevent scams.

### **Report Social Security or IRS Imposter Scams**

Scammers often pretend to work for the Social Security Administration (SSA) or Internal Revenue Service (IRS). Common signs include: Robocalls, Threats of arrest or lawsuits, Demands for payments, Suspension of your social security number, Cancellation of your social security benefits

Learn about Social Security-related scams. Report these scams using Social Security's online reporting form. Report IRS imposters to the Treasury Inspector General for Tax Administration (TIGTA). To report by phone, call TIGTA at 1-800-366-4484.

Continued on page 9



**Fire and Rescue  
Non Emergency  
Numbers:**

Sheriff's Office  
256-8800  
Cedar Fire and Rescue  
228-5396  
Elmwood Twp  
Fire & Rescue  
941-1647  
Glen Lake Fire Dept.  
Station 1: Glen Arbor  
334-3279  
Station 2: Empire  
326-5250  
Grand Traverse Band  
Fire/Rescue  
534-7666  
Leelanau Township Fire  
386-5343  
Leland Fire and Rescue  
256-7760  
Suttons Bay-Bingham  
Fire/Rescue  
271-6978

**Scams Continued:**

**Report Scams to Third Parties**

You may want to report the scam to organizations outside of the government. Third parties may be able to get your money back or remove fraudulent charges. Report a scam that happened with an online seller or a payment transfer system to the company's fraud department.

If you used your credit card or bank account to pay a scammer, report it to the card issuer or bank. Also report scams to the major credit reporting agencies. Place a fraud alert on your credit report to prevent someone from opening credit accounts in your name.

**Report Suspected Tax Fraud**

Report suspected tax fraud to the Internal Revenue Service (IRS). You may be eligible to claim a Whistleblower Informant Award for reporting the fraud. Report state tax fraud to your state's department of revenue or other tax authority.

**Tax-related identity (ID) theft** is another form of tax fraud. It happens when someone steals your Social Security number to get a tax refund. Report this type of fraud using IRS form 14039 (PDF, Download Adobe Reader).

**Report threatening calls or emails** claiming to be from the IRS to them online or by calling 1-800-366-4484. Forward any website links that claim to be the IRS, but don't start with "www.irs.gov" to phishing@irs.gov.

**Computer Scam** If you've received a call from a scammer that tried to get into your computer remotely. Immediately turn off your computer and take it to a computer repair service like Mad Mikes (231) 421-5623 Geek Squad at Best Buy (231) 929-2388, Leelanau Computer Repair (231) 866-0636 to name a few. There are many more in the area, please make sure you do your due diligence and are comfortable with the service provider and quote.

Reference: <https://www.usa.gov/stop-scams-frauds>

**Foot Care Clinics**

LCSS is collaborating with Comfort Keepers to provide foot care clinics.

**Elmwood Township Hall:** 10090 E Lincoln Rd, Traverse City  
the first Friday of each month  
from 10:00 a.m. to 1:00 p.m.

**Suttons Bay Friendship Center:** 201 W Broadway, Suttons Bay  
the second Friday of each month 10:00 a.m. - 1:00 p.m.

**Linda Lingaur** will continue to provide foot care services at her salon, *Linda Lou's* in Lake Leelanau. (231) 883-4529.

If you are interested in receiving foot care at a clinic,  
call **LCSS at 256-8121** to schedule an appointment.

**Foot Care Vouchers Are Available**  
**Through LCSS**  
**\$15.00 each**



# November 2022

The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 MMAF Specialist	4 Elmwood foot care clinic	5
6  FALL	7 LCN 2-6	8 Empire Food Pantry 5-6 Election Day	9 Medicare Changes 1:30 Govt Cnt	10 MMAF Specialist	11 Office Closed Veterans Day	12
13	14 LCN 2-6 Food Pantry	15 Empire Food Pantry 5-6	16	17 MMAF Specialist	18	19
20	21 LCN 2-6 Food Pantry	22 Empire Food Pantry 5-6 Commodities 12-1 LCN	23 Alzheimer's Zoom Meeting 2:00	24 Office Closed Thanksgiving Day	25 Office Closed	26
27	28 LCN 2-6 Food Pantry	29 Euchre 1:30 Empire Food Pantry 5-6	30			

Food Commodity or Surplus every 3rd  
Tuesday of every month

# December 2022

For more information on surplus &  
commodities: 1 (800) 632-7334

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Estate Planning	2 Elmwood foot care clinic	3
4	5 LCN 2-6 Food Pantry	6 Grief Program 10:30 Empire Food Pantry 5-6	7 Pearl Harbor Remembrance Day	8	9 Suttons Bay Foot Care Clinic	10
11	12 LCN 2-6 Food Pantry	13 Empire Food Pantry 5-6	14	15 LCSS Christmas Party Office Closed	16	17
18 Hanukkah Begins at sundown	19 LCN 2-6 Food Pantry	20 Empire Food Pantry 5-6	21  Winter Begins	22	23 Office Closed	24 Christmas Eve
25 Christmas Day	26 Office Closed	27 Euchre 1:30 Empire Food Pantry 5-6	28 Alzheimer's Zoom Meeting 2:00	29	30	31 

## **Food Pantries:**

### **Leelanau Christian**

**Neighbors** is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

### **The Empire Food Pantry**

is continuing to provide food pantry services on Tuesday evenings at 5 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at 231-334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive the food you need.

**Meals on Wheels:** Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.

## **Do you or do you know of a senior who is feeling, blue, isolated, or could use some emotional support?**

The University of Michigan School of Social Work is currently doing a study that you may be interested in. They have created an online education program called Empower@Home which is designed for older adults to help lift their spirits and make them feel more socially connected.

Empower@Home is an online program for emotional wellbeing and social connection. It is a web-based program that can be accessed via a computer, laptop, tablet, or smartphone. The platform is designed to be simple to use and accessible. U of M researchers created this program with input from health care providers and older adults.

The study involves trying out the program for up to 12 weeks and completing surveys before and after the program. You do not need to have any prior computer experience to participate. If you don't have a tablet or internet access, they will provide it for you for free during the study. They will also have someone to work with you and answer any questions you have, including helping with technology.

The study is completely voluntary, you can stop at any time. If this is something you are interested in, please contact LCSS and we will share your information with the University of Michigan.

### **Eligibility Checklist**

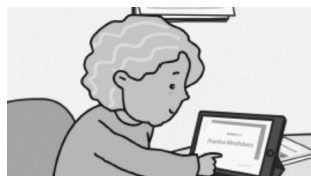
#### **To be eligible, individuals must be**

- ◆ Age 50+
- ◆ Depressive symptoms like low mood, loss of interest in activities, etc.
- ◆ **Not eligible if:**
- ◆ Has dementia, Alzheimer's, or known memory/cognitive problems
- ◆ Has a legal guardian
- ◆ Severe vision or hearing problems
- ◆ Terminal illness, hospice care, or unstable health (likely to be hospitalized in 3 months)
- ◆ Psychotic disorders such as bipolar or schizophrenia

University of Michigan School of Social Work

This study is led by Dr. Xiaoling Xiang at the University of Michigan (#HUM00212950).

For more information and to sign up



Please call LCSS  
(231) 256-8121



LEELANAU COUNTY SENIOR SERVICES  
8527 E. Government Center Drive, Suite 106  
Suttons Bay, MI 49682

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# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*



**Leelanau County Senior Services**

[www.leelanau.gov/seniorservices.asp](http://www.leelanau.gov/seniorservices.asp)